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Expectation and Upset: Loss of control to another's will.

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In the moment of frustration, anger, and loss of control, a surge of justification or assuredness of the perceived wrong takes hold. Following an impulse to react, the acting out of now pent up emotionality reinforces or imprints the situation into a traumatic event. Through such trauma, loss of self connects a continuous cycle of conflict, guilt, and upset from others. This degraded confidence leads to breaking points of victimization or becoming the knowing (or unknowing) predator. By searching for love that people often do not have to give, greater desperation attends broken relationships, dysfunction, and expectations that can never be fulfilled.

While problems and complications are intertwined with life, prevention of the downward spiral begins with the realization that many situations are not meant to be “controlled” but only noticed and observed. Overreaction and blame takes ownership of the burdens and faults of others. Again, compounding each judgment into layers of liability, weighing down body, mind, and spirit with needless anxiety and drama.



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